

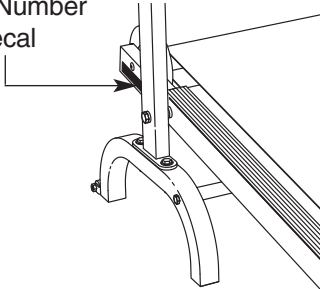
WESLO®

# AerobicStride 2.0

Model No. WLTL01906.0

Serial No. \_\_\_\_\_

Serial Number  
Decal



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

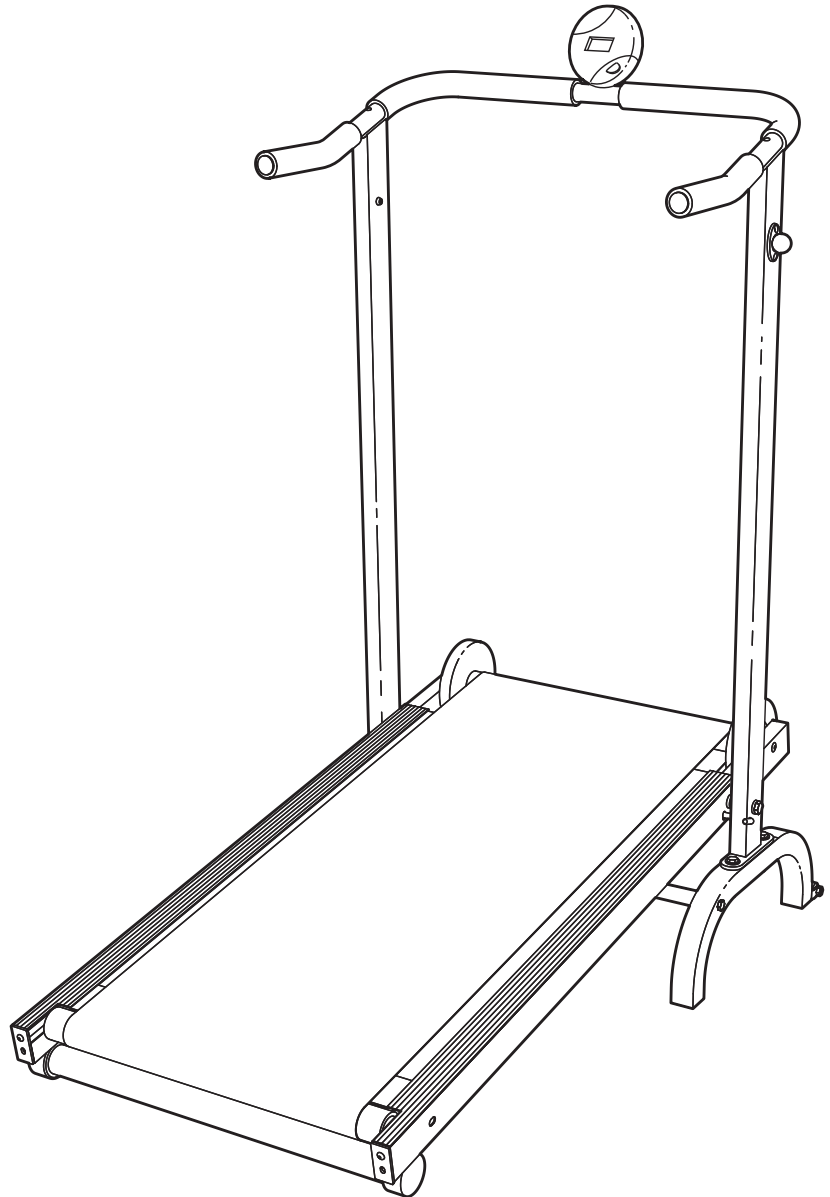
CALL TOLL-FREE:

**1-866-699-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

ON THE WEB:

[www.wesloservice.com](http://www.wesloservice.com)



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

[www.weslo.com](http://www.weslo.com)

new products, prizes,  
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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the treadmill.

1. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. This treadmill is intended for in-home use only. Do not use the treadmill in a commercial, rental, or institutional setting.
4. Place the treadmill on a level surface, with eight feet of clearance behind it. Place a mat under the treadmill to protect the floor.
5. Inspect and properly tighten all parts of the treadmill regularly; replace any worn parts immediately.
6. The roller guards must be 1/8 inch from the rear roller (see the drawing on page 3). Adjust the roller guards, if necessary.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing over 250 pounds. Never allow more than one person on the treadmill at a time.
9. Wear appropriate clothes while using the treadmill. Do not wear loose clothes that could become caught on the treadmill.
10. Wear athletic shoes while using the treadmill; do not use the treadmill with bare feet, wearing only stockings, or in sandals.
11. Do not use the treadmill if it is not working properly.
12. Do not place your hands or feet under the treadmill while it is in use.
13. Always hold the handrail when mounting, dismounting, or exercising on the treadmill.
14. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
15. Warning and caution decals have been placed on the treadmill in the locations shown on page 3. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# BEFORE YOU BEGIN

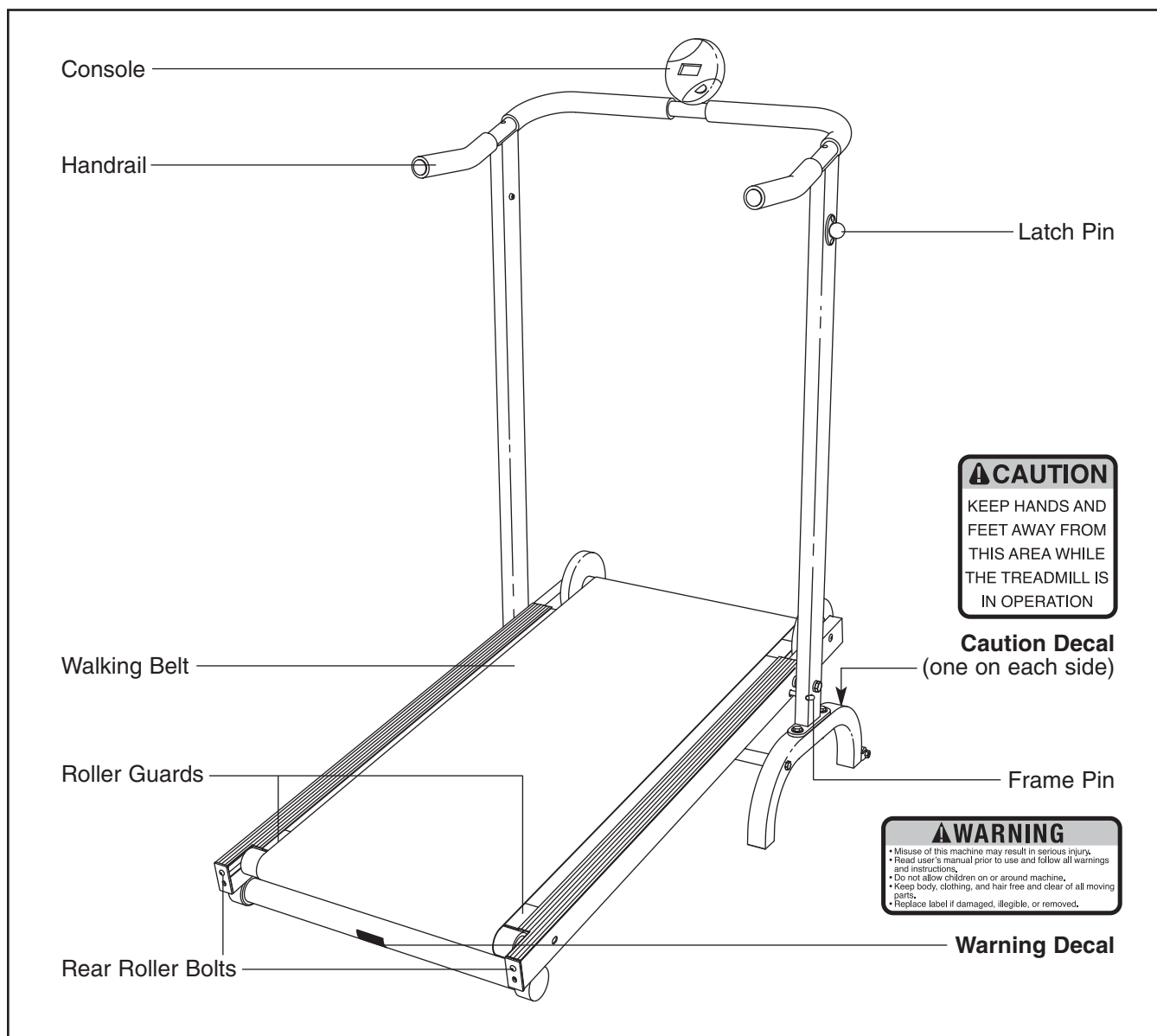
Thank you for selecting the new WESLO® AEROBIC-STRIDE 2.0 treadmill. The AEROBICSTRIDE 2.0 treadmill is designed to let you enjoy effective cardiovascular workouts in the comfort and convenience of your home. And when the AEROBICSTRIDE 2.0 treadmill is not in use, it can be folded up, requiring less than half the space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before calling. The model number of the treadmill is WLTL01906.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.wesloservice.com/registration](http://www.wesloservice.com/registration).**

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

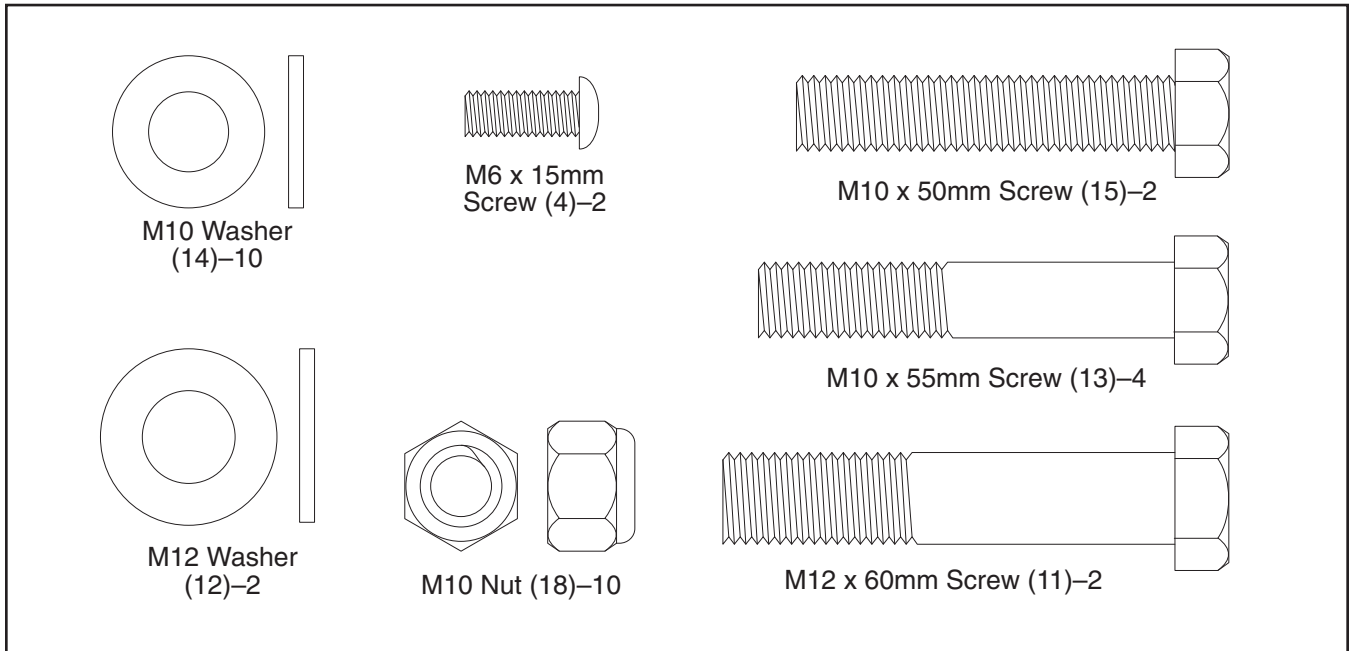


# ASSEMBLY

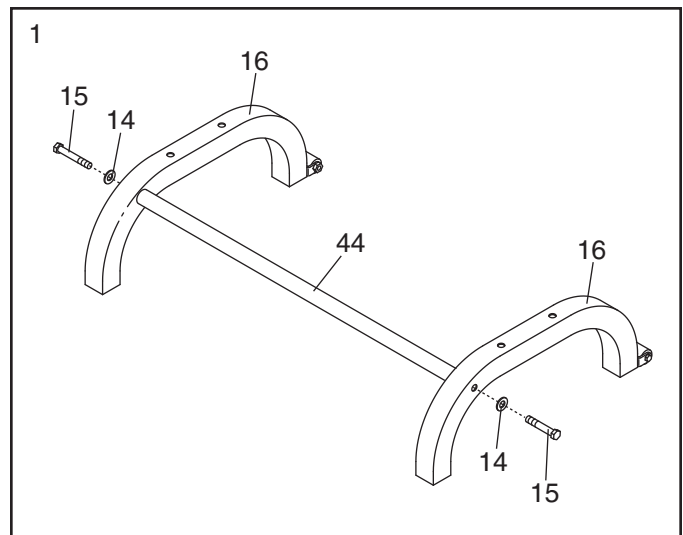
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own rubber mallet** .

Use the drawings below to identify the hardware used during assembly. **Note: If a part is not in the parts bag, check to see if it has been preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly.**

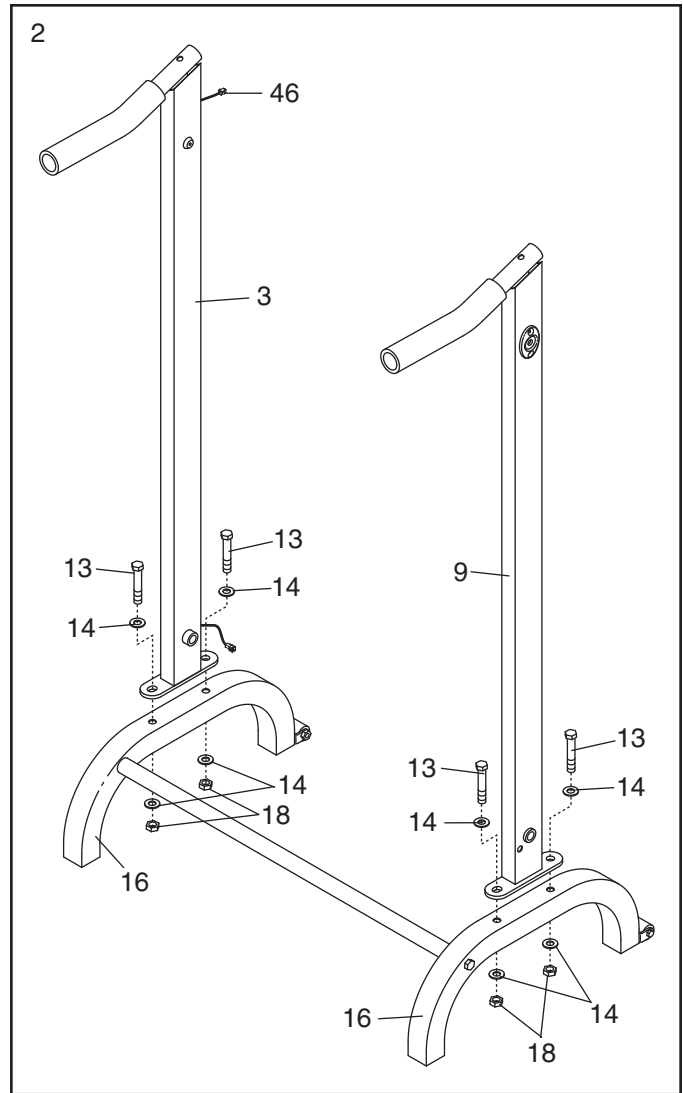


1. Attach the Base Crossbar (44) to the two Upright Bases (16) with two M10 x 50mm Screws (15) and two 10mm Washers (14) as shown.



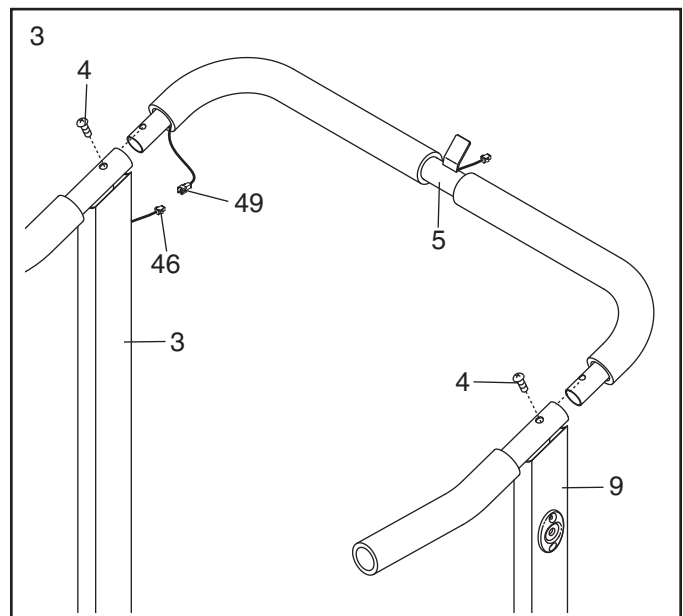
2. Identify the Left Upright (3), which has the Upright Wire (46) inside. Orient the Left Upright as shown, and attach it to the left Upright Base (16) with two M10 x 55mm Screws (13), four M10 Washers (14), and two M10 Nuts (18). **Do not tighten the Nuts yet.**

Attach the Right Upright (9) to the right Upright Base (16) in the same way. **Do not tighten the Nuts yet.**



3. Slide the ends of the Handrail (5) into the tubes on the Left and Right Uprights (3, 9). If necessary, use a rubber mallet to fully insert the Handrail. Attach the Handrail with two M6 x 15mm Screws (4).

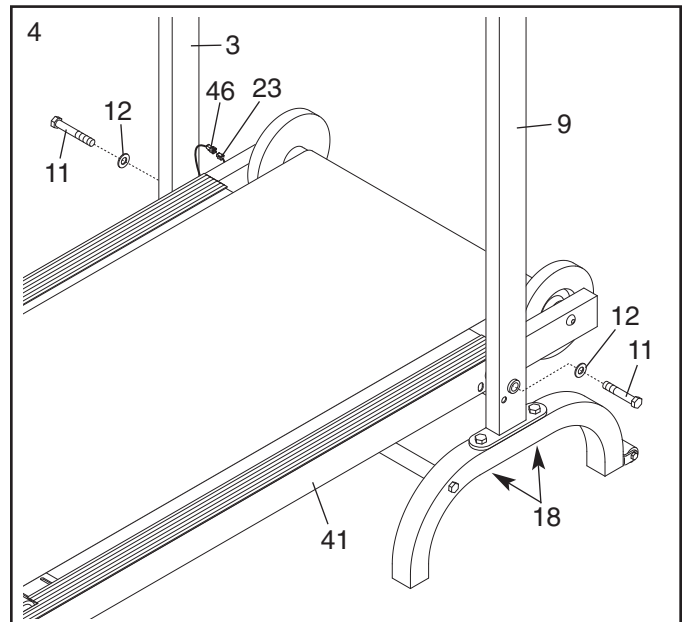
Connect the Upright Wire (46) to the Handrail Wire (49).



- Position the Frame (41) between the Left and Right Uprights (3, 9). Attach the Frame to the Uprights with two M12 x 60mm Screws (11) and two 12mm Washers (12).

Connect the Upright Wire (46) in the Left Upright (3) to the wire from the Reed Switch (23).

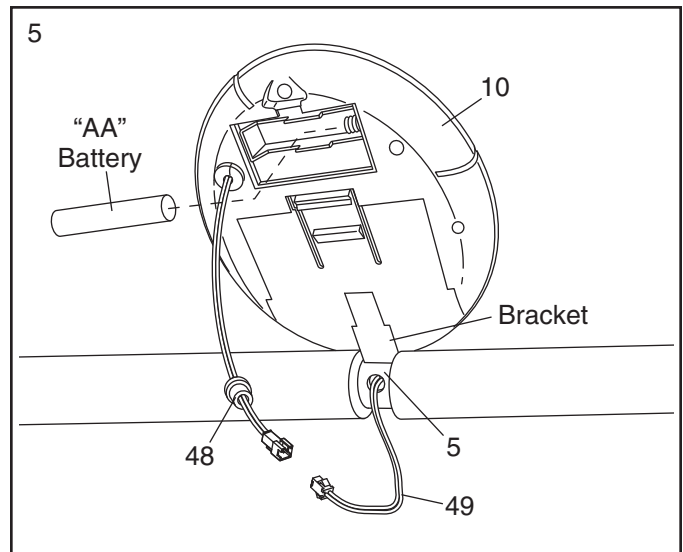
**See step 2. Tighten the four M10 Nuts (18) used in step 2.**



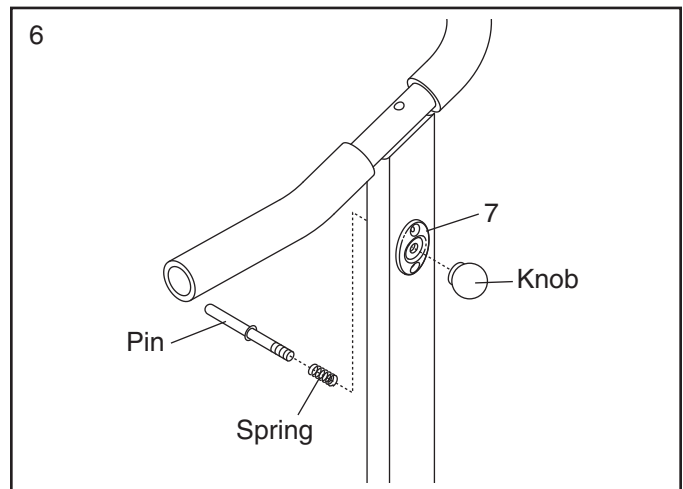
- The Console (10) requires one “AA” battery (not included); an alkaline battery is recommended. Remove the battery cover (not shown) and insert a battery; **make sure that the negative (-) end of the battery is touching the spring in the Console.** Then, reattach the battery cover.

Slide the Console (10) onto the bracket in the center of the Handrail (5).

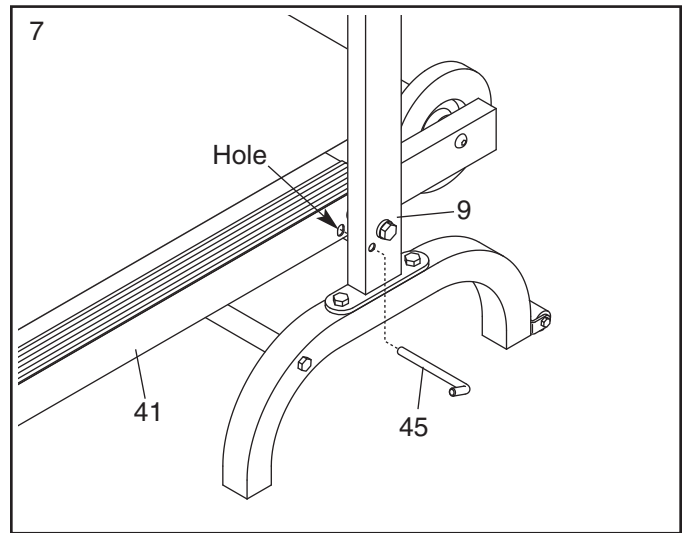
Connect the Handrail Wire (49) to the console wire. Then, insert the excess wiring into the Handrail (5) and press the Grommet (48) into the hole in the Handrail.



- Remove the knob from the pin. Insert the pin, with the spring, into the Latch Assembly (7) as shown. Then, tighten the knob onto the pin.



7. Insert the Frame Pin (45) through the Right Upright (9) into the hole in the Frame (41).

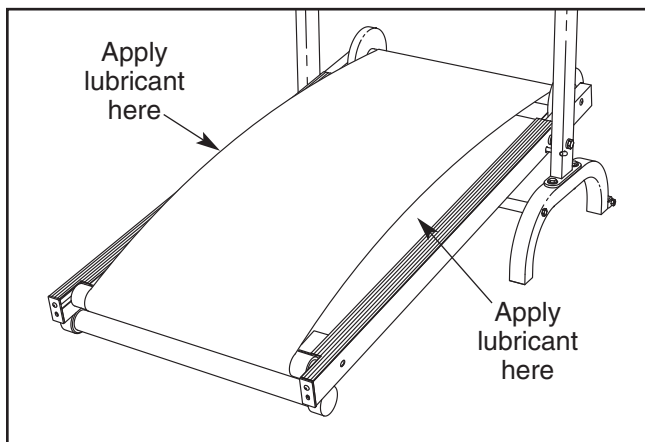


8. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill.

# TREADMILL OPERATION

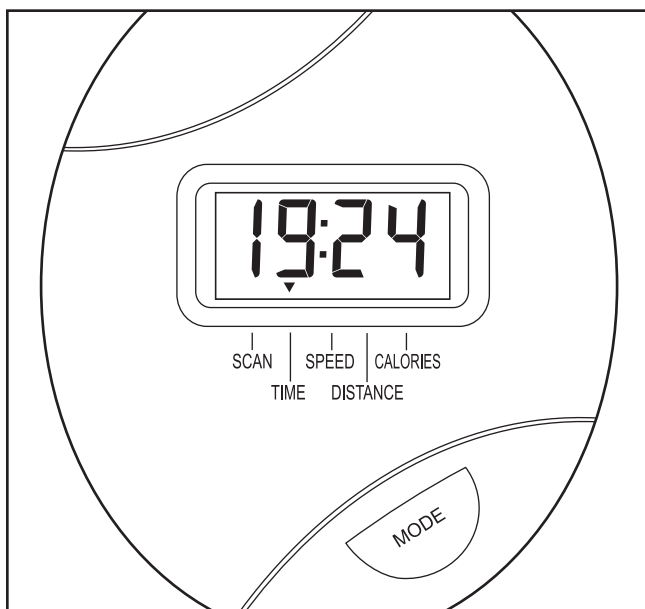
## LUBRICATING THE WALKING PLATFORM

**Before the treadmill is used, the walking platform should be lubricated.** Open the included lubricant packet. Reach under one side of the walking belt as far as you can, and apply half of the lubricant to the walking platform. Then, reach under the other side of the walking belt and apply the remaining lubricant. **After you have applied the lubricant, walk on the treadmill for a few minutes to spread the lubricant.**



## STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, a battery must be inserted (see assembly step 5 on page 6). If there is a sheet of clear plastic on the console, peel off the plastic.



The console features five modes:

- Scan—This mode displays the Time, Speed, Distance, and Calories modes.
- Time—This mode displays the elapsed time.
- Speed—This mode displays your speed, in miles per hour.
- Distance—This mode displays the number of miles you have walked.
- Calories—This mode displays the approximate number of calories you have burned.

Note: The console can display speed and distance in either miles or kilometers. An "M" for miles or a "K" for kilometers will appear in the right side of the display while the Speed or Distance mode is displayed. Press the Mode button for about six seconds to change the unit of measurement if desired.

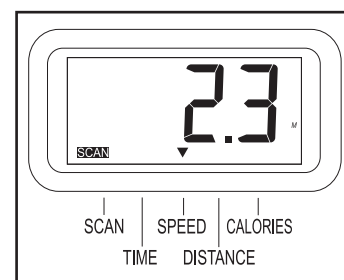
Follow the steps below to operate the console.

1. Turn on the console.

To turn on the console, press the Mode button or begin walking. Note: If a battery was just installed, the console will already be on.

2. Track your progress with the five modes.

When the power is turned on, the Scan mode will be selected and the word SCAN will appear in the display. The console will display the Time, Speed, Distance, and Calories modes, for several seconds each, in a repeating cycle.



To select only the Time, Speed, Distance, or Calories mode, press the Mode button until only the Time, Speed, Distance, or Calories arrow appears in the display. Make sure that the word SCAN does not appear.

To reset all modes, press the Mode button for about three seconds.



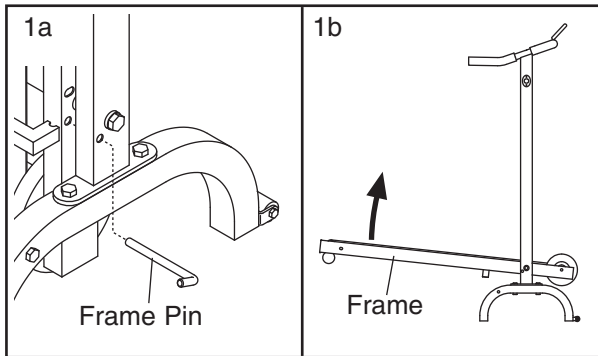
3. Turn off the console.

To turn off the console, simply wait for a few minutes. If the walking belt is not moved and the console button is not pressed for a few minutes, the console will turn off automatically.

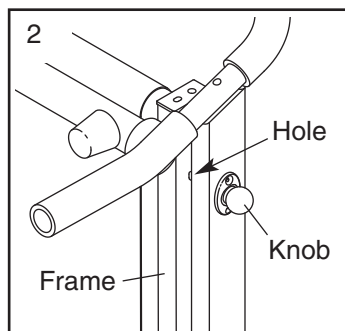
### HOW TO FOLD THE TREADMILL FOR STORAGE

When the treadmill is not in use, it can be folded to the compact storage position. **CAUTION: You must be able to safely lift 25 pounds (11 kg) to raise, lower, or move the treadmill.**

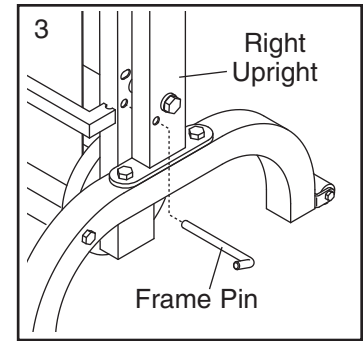
1. See drawing 1a below. Remove the frame pin. See drawing 1b. Hold the treadmill frame with both hands. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame to the vertical position.



2. Using your right hand, pull the latch knob to the right and hold it. Raise the frame until the hole in the frame is aligned with the latch pin. Then, slowly release the latch knob. **Make sure that the latch pin is fully inserted into the hole.**



3. Insert the frame pin through the lower end of the right upright into the hole in the frame. **To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



### HOW TO MOVE THE TREADMILL

Convert the treadmill to the storage position as described on this page.

1. Hold the handrails and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against a wheel and carefully lower the treadmill.

### HOW TO LOWER THE TREADMILL FOR USE

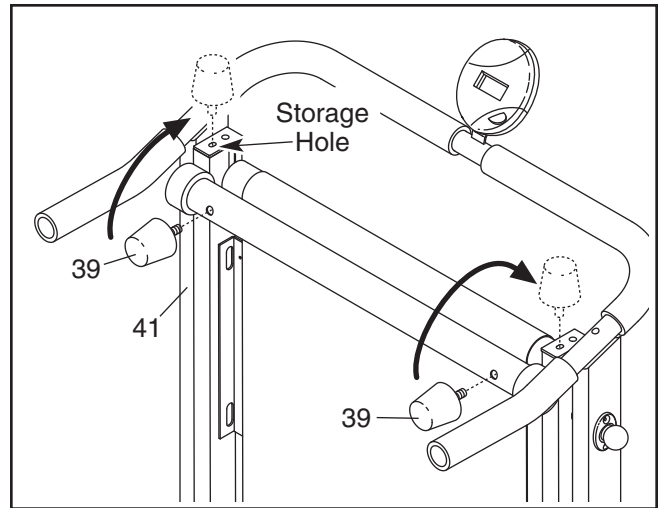
1. See drawing 3 above. Remove the frame pin.
2. See drawing 2 at the left. Hold the upper end of the frame with your left hand. Pull the latch knob to the right and hold it. Pivot the frame down until it is past the latch pin.

Carefully lower the frame to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

3. See drawing 3 above. Insert the frame pin through the right upright into the hole in the frame.

## HOW TO ADJUST THE INCLINE

The treadmill features two incline levels. To change the incline, first fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 9). Next, locate the two Rear Feet (39). To decrease the incline of the treadmill, remove the Rear Feet and tighten them into the round tube on the Frame (41). To increase the incline of the treadmill, tighten the Rear Feet into the storage holes in the end of the Frame.



# MAINTENANCE AND TROUBLESHOOTING

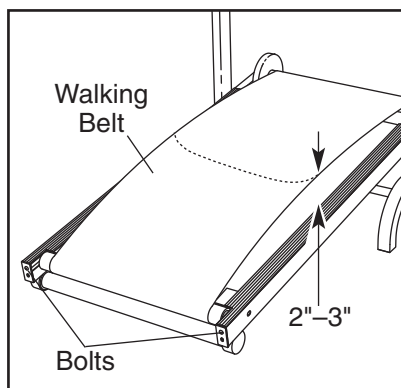
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

## 1. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- a. Replace the battery in the console (see assembly step 5 on page 6).
- b. The console, like most electronics, is susceptible to static electricity build-up caused by certain types of clothing or by the operation of the treadmill. If the display is blank or gives incorrect readings, apply an anti-static spray to the handrails. Anti-static spray is available where laundry supplies are sold.

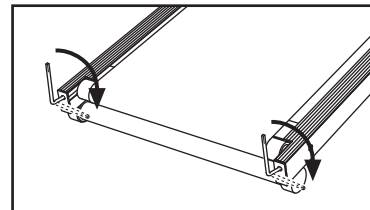
## 2. SYMPTOM: THE WALKING BELT DOES NOT MOVE SMOOTHLY

- a. If the walking belt is overtightened, performance may be reduced and the walking belt may be permanently damaged. Using the hex key, turn both rear roller bolts counterclockwise 1/4 of a turn. When the tension of the walking belt is correct, you should be able to lift each edge of the walking belt 2 to 3 inches. Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. Be careful to keep the walking belt centered.



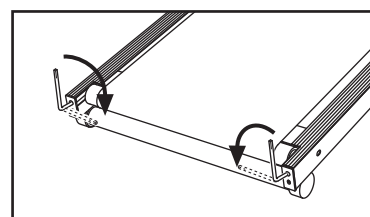
## 3. SYMPTOM: THE WALKING BELT SLIPS OR IS OFF-CENTER

- a. **If the walking belt slips when walked on**, use the hex key to turn both rear roller bolts clockwise, 1/4 of a turn.

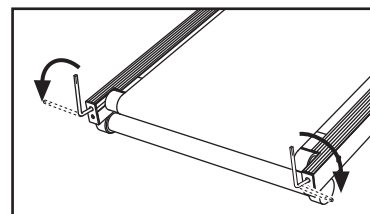


When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches. Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. Be careful to keep the walking belt centered.

- b. **If the walking belt has shifted to the left side**, use the hex key to turn the left rear roller bolt clockwise, and the right rear roller bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centered.



- c. **If the walking belt has shifted to the right side**, use the hex key to turn the left rear roller bolt counterclockwise, and the right rear roller bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centered.



# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Burning Fat

To burn fat effectively, you must exercise at the proper intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is between the lower two numbers in your training zone as you exercise.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For effective aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.)



## WORKOUT GUIDELINES

Each workout should include the following three important parts:

**A warm-up**, consisting of five to ten minutes of stretching and light exercise. This will increase your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, including 20 to 30 minutes of exercise with your heart rate in your training zone.

**A cool-down**, consisting of five to ten minutes of stretching. Stretching after exercise is effective for increasing flexibility and helps to offset problems caused when you stop exercising suddenly.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest after each workout. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Instead of waiting for a good time to exercise, plan a time. Whatever time you choose, be consistent; the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

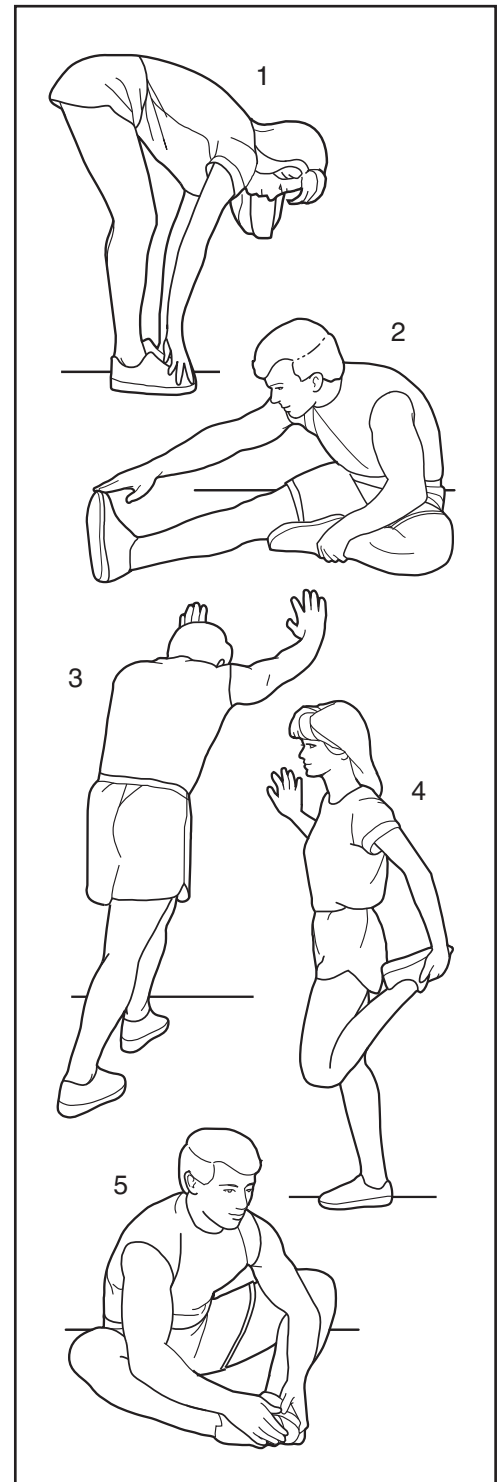
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. WLTL01906.0

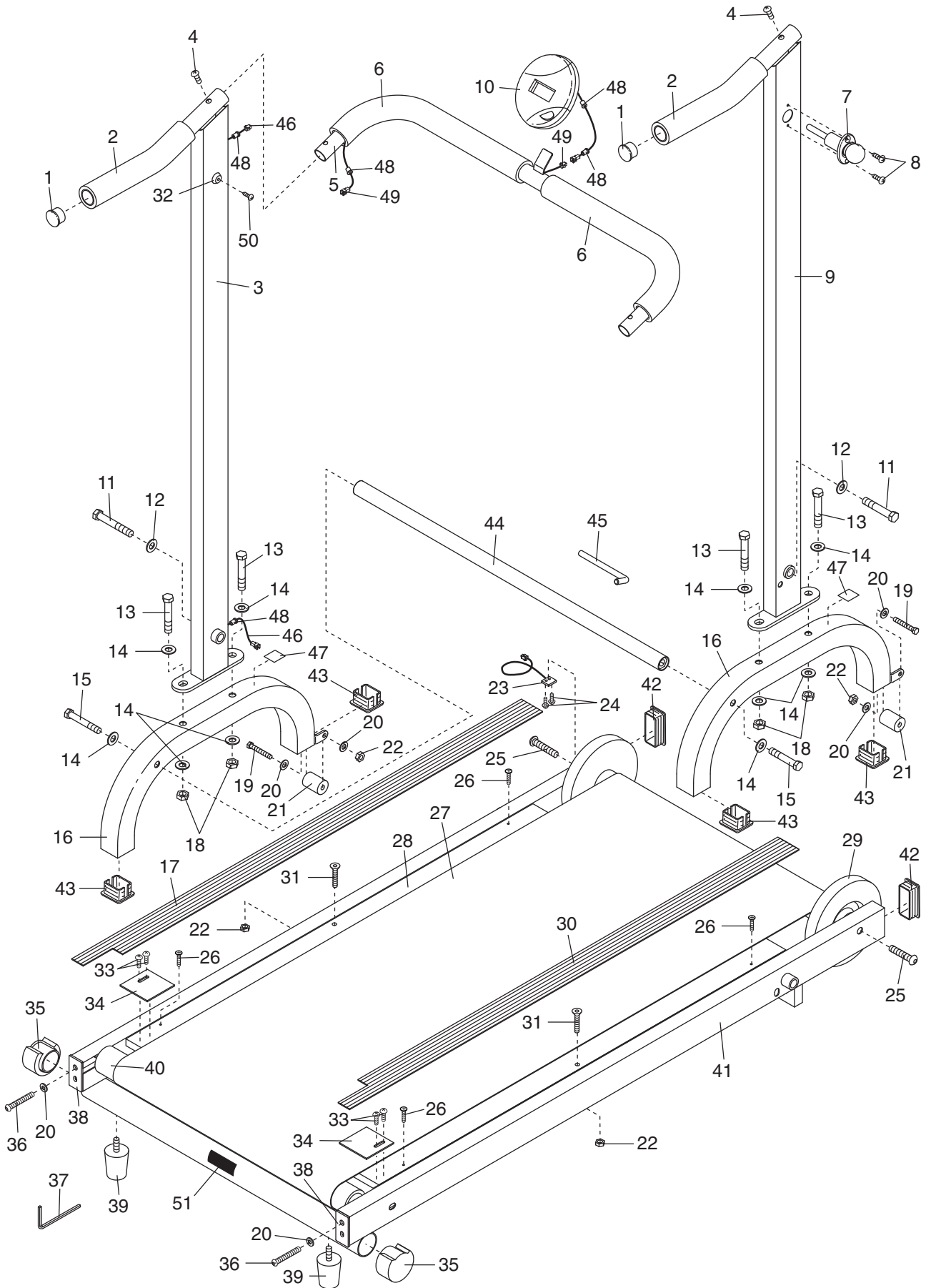
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handrail Endcap	28	1	Walking Platform
2	2	Short Foam Grip	29	1	Front Roller Assembly
3	1	Left Upright	30	1	Right Foot Grip
4	2	M6 x 15mm Screw	31	2	Platform Bolt
5	1	Handrail	32	1	Bumper
6	2	Long Foam Grip	33	4	Roller Guard Screw
7	1	Latch Assembly	34	2	Roller Guard
8	2	Latch Screw	35	2	Round Endcap
9	1	Right Upright	36	2	Rear Roller Adjustment Bolt
10	1	Console	37	1	Hex Key
11	2	M12 x 60mm Screw	38	2	Rear Frame Plate
12	2	M12 Washer	39	2	Rear Foot
13	4	M10 x 55mm Screw	40	1	Rear Roller
14	10	M10 Washer	41	1	Frame
15	2	M10 x 50mm Screw	42	2	Frame Endcap
16	2	Upright Base	43	4	Base Endcap
17	1	Left Foot Grip	44	1	Base Crossbar
18	4	M10 Nut	45	1	Frame Pin
19	2	Wheel Bolt	46	1	Upright Wire
20	6	Wheel Washer/Rear Roller Washer	47	2	Caution Decal
21	2	Front Wheel	48	5	Grommet
22	4	Wheel Nut/Platform Nut	49	1	Handrail Wire
23	1	Reed Switch	50	1	Bumper Screw
24	2	Reed Switch Screw	51	1	Warning Decal
25	2	Front Roller Bolt	#	1	Lubricant Pack
26	4	Platform Screw	#	1	User's Manual
27	1	Walking Belt			

Note: # These parts are not illustrated. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WLTL01906.0

R0606A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to give the following information:

- the MODEL NUMBER of the product (WLTL01906.0)
- the NAME of the product (WESLO AEROBICSTRIDE 2.0 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) needed (see pages 14 and 15)

WESLO is a registered trademark of ICON IP, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**